Reverse Corta Capim sequence

Reverse Corta Capim - Au Cortado

REVERSE CORTA CAPIM - AU CORTADO

A sequence of two simple movements - Reverse Corta Capim and Au Cortado.
From a squat position start a Reverse Corta Capim and complete 3 turns of it. After the 3rd rep continue the motion into a spin around yourself, spotting the movement with your arms on the floor and maintaining the original energy and intent of the Corta Capim. The spin happens on the ball of the foot and while maintaining the center of mass above the axis point. While spinning, rise up simultaneously (extend the spinning leg as it spins) and after completing a full turn, go into Au Cortado without placing the spinning leg on the ground, but instead using it to gain momentum into the Au.

Floreio Workout Beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 10-20 sec X 3 sets / 45-60 sec of rest

Floreio
C1. Role Into Half Au / Role Into Au Cortado 12 reps / 2 sets / 60 sec rest
D1. Corta Capim Rotations X 10-20 reps per side / 2 sets / 60 sec

Conditioning
E1. Swedish Bars Front Support (partner help) 10 sec
E2. Swedish Bars Back Support (partner help) 10 sec
Repeat E1,E2 for a total of 3 sets, resting 45-90 sec between exercises

F1. 90-90 Iso Pull Up Hang 10-20 sec
F2. Basic Bridge Push Ups 10-15 reps
perform 3 sets resting 90 sec after F2

Prehab
F1. Scapula Mobilization Routine X 2 sets / 60 sec rest

Floreio Workout Intermidiate/Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

Floreio
C1. Reverse Corta Capim - Au Cortado 10 reps / 3 sets / 60 sec
D1. Reverse Corta Capim 10 reps per side / 2 sets / 60 sec

Conditioning
E1. Swedish Bars Front Support (partner help or alone) 10-15 sec
E2. Swedish Bars Back Support (partner helpor alone) 10-15 sec
Repeat E1,E2 for a total of 3 sets, resting 45-90 sec between exercises

F1. 90-90 One Arm Iso Chin Up Hang rope assisted or one arm only 10-20 sec
F2. One Leg Bridge Push Ups 10-16 reps (change legs) One Arm Bridge Push Ups 5 reps per side / perform 3 sets resting 90 sec between sets

Prehab
F1. Scapula Mobilization Routine X 2 sets / 60 sec rest